



StayWell@Work™

# Monthly Strides

## Taking strides to better your health

### January Issue Includes

- **Healthy Weight Week**  
(January 18-24)
- **National Glaucoma Awareness Month**
- **Cervical Health Awareness Month**

### Healthy Weight Week

Not all calories are the same. When trying to reduce weight, aim for calories from fruits, vegetables, whole grains and low-fat proteins and dairy.

Fortunately, it's easier than you think to reduce your weight. Try to cut 40–50 calories per meal, and if you start today, you'll be able to drop pounds and sizes without "officially" going on (and off) a diet. Remember that your body needs to burn all the calories you take in on a daily basis in order to lose weight. Adding in a moderate physical activity most days of the week will help in the success rate of weight loss. For more information, visit [www.healthyweight.net](http://www.healthyweight.net).

Visit StayWell Online at <https://delaware.online.staywell.com>, look for the “Health Centers” section and select “Weight” to learn more about achieving and maintaining a healthy weight.

### National Glaucoma Awareness Month

Glaucoma, if left undetected and untreated, can lead to permanent blindness. Open-angle glaucoma affects 2.2 million people, and many don't know they have it, according to the Glaucoma Research Foundation.

A shift in the position of the eye can cause a rupture of the normal, flow of fluid in the eyes. This can increase pressure within the eye and eventually damage the optic nerve, leading to blindness. Annual eye exams can help reduce the risk of blindness from glaucoma. To get answers about glaucoma and learn the facts, visit [www.preventblindness.org](http://www.preventblindness.org).

Visit StayWell Online at <https://delaware.online.staywell.com> and type “glaucoma” in the Search box to learn more.

### Cervical Health Month

Recent studies have indicated that HPV or human papillomavirus can lead to cervical cancer when combined with other risk factors such as smoking or high stress. Learn more about cervical health at [www.nccc-online.org](http://www.nccc-online.org).

Visit StayWell Online at <https://delaware.online.staywell.com>, look for the “Women's Health” section or do a search for cervical health.

